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field or Bella Wilfer—whose amazing yet charming, ignorance of domestic details made us laugh and cry. "Cooking for Two" smoothes the way for the most ignorant and makes housekeeping, with or without the help of a maid, a mere joke, or, better still, the most wholesome and salutary exercise for a young woman who wishes to keep healthy, happy, and keep her husband in the same excellent condition, and at the same time do so at the least possible cost to the resources at her command. Directions are given for the proper use of fuel, particularly of gas and its vehicle the gas range, including the reading of the gas meter. A list of necessary articles for kitchen and pantry, which includes nothing except indispensable utensils, and ranging from the pots and pans to the fine table linen, silver, and china; the writer being equally emphatic on the need of proper equipment and proper economy; a few hints on the whys and wherefores, and the book proceeds to recipes, menus, and the usual cook-book contents, with the difference that all recipes are gauged for two instead of the usual larger scale.

HYDROTHERAPY. By William T. Dieffenbach, M.D., United States Delegate and Vice-President of the first International Congress on Radiology and Ionization at Liège, Belgium; former Professor of Bacteriology, New York Medical College and Hospital for Women; Professor of Hydrotherapy, New York Homœopathic Medical College and Flower Hospital, etc. Rebman Company, 1123 Broadway, New York.

Hydrotherapy, which Dr. Dieffenbach is pleased to call the "step-child of medical practice," and which he shows to have been used from the most remote times, is most interestingly set forth in the present volume. Under this head is included the following list: 1. Baths: (a) half bath; (b) full bath; (c) sitz bath; (d) foot bath; (e) hand bath. 2. Douches: (a) general, and (b) local. 3. Affusions: (a) general, and (b) local. 4. Ablutions: (a) general; (b) section; (c) local. 5. Packs, compresses, fomentos. 6. Ice bags; hot-water bags; coils and tubes. 7. Turkish and Russian baths; steam boxes; dry hot-air apparatus. 8. Imbibition; lavage, irrigation, clysis, enemata (simple and retention).

These various means of the use of hydrotherapy are minutely described in some fifteen or sixteen chapters, and the remainder of the book is devoted to the practical application of these measures in a long list: toxæmias, diseases of nutrition, diseases of special organs, nerves, blood-vessels, etc., ending with the special treatment of mental

disorders by hydrotherapy. It is not confined to any school—the use in homœopathy and allopathy finds here common ground, there being apparently one best way for all, which way one must read the book to know.

FOOD AND COOKERY FOR THE SICK AND CONVALESCENT. By Fannie Merritt Farmer, Principal of Miss Farmer's School of Cookery, and Author of "The Boston Cooking-School Cook Book," and "Chafing-dish Possibilities." Price \$1.50 net. Little, Brown & Company, Boston.

A new issue of Miss Farmer's well-known and widely appreciated cook-book appears among the autumn books. While it does not claim to teach dietetics, it does so to a certain extent, although its chief mission is to teach the proper preparation of food for all stages of human necessity, from infancy to old age—making for the prevention of disease and the maintenance of sound healthy bodies. As in its first edition, this book does not go into the study of physiology or the chemistry of food further than to briefly indicate the relation of food to the human body and the essential elements to be supplied for proper balance of the processes of assimilation of nourishment and the excretion of waste matter. The book adheres rather strictly to its title and is beyond all doubt the best cook-book of the many that are offered in the field of invalid cookery.